



## Fundraising

### World Diabetes Day 2008

This year Diabetes ACT and primary schools across Canberra dressed up as their favourite colour jelly bean to promote *World Diabetes Day 2008*. The participating primary and preschools had a fun day while raising awareness of diabetes. We would like to thank all the schools, Roche Diagnostics and Abbott for supporting Jelly Bean Day.



**President's Report**



**Christmas Puddings, Logs and Fruit Fusions**



**Chief Minister's 'Lighting of the Christmas Tree'**

# Fundraising

LAUREL DAVIES AND ROMINA BOGNOLO

## Honour Gift

Add special meaning to your milestone occasions with a tax deductible donation to fight diabetes.

- Weddings • Father's Day • Birthdays • Christmas
- Anniversaries • Thank you • Mother's Day
- Congratulations • Any occasion

For your next special occasion honour a loved one with a donation to fight diabetes in their name. As a meaningful alternative announce your donation with a personalised card and help us reach more people in need of care.

Please call 6288 9830 to order and leave the rest to us.



## Diabetes ACT Number Plates

The ACT Government has kindly donated another 10 number plates in the AUS series to be auctioned at the 2009 Diabetes ACT Guardian Angel Gala Ball. If you are interested in bidding for a number plate and are unable to attend the Gala Ball, please contact Laurel on 6287 8787 to register your interest.



## Chief Minister's 'Lighting of the Christmas Tree'

Diabetes ACT has been chosen as the benefitting charity for this event. Please support us by attending the Lighting of the Christmas Tree in the City on Saturday 6th December from 7pm to 9pm. The Brumbies will be supporting Diabetes ACT on the night. We hope to see you there.

Only 2  
WEEKS TO GO  
until the big draw



## Cash for Christmas

The Diabetes ACT 2008 Cash for Christmas Raffle is fast drawing to a close and we need your help. With only two weeks to go until the raffle is drawn, we would be thrilled if you could return your sold tickets along with monies to help us achieve our fundraising target for this year's raffle.

If you could you please return your raffle books, sold or unsold, and money to:

**Diabetes ACT's Holder office**

PO Box 3727, Weston Creek 2611

By Friday 12th December.

The raffle will be drawn at 3pm on Wednesday 17 December at the Diabetes ACT Holder Office.

Diabetes ACT would like to extend a big thank you to all the members and supporters of Diabetes ACT who, over the past year, have supported Diabetes ACT with donations, and the purchase of Cash for Christmas and Mercedes Benz raffle tickets. Your generous contributions mean you are helping to improve the lives of people affected by diabetes in the ACT and surrounding areas through education, awareness and research programs.

# President's Report



The Annual General Meeting of the company was held on the 15th October at the Hellenic Club. This year the directors' were seeking people with particular skills such as legal and marketing/public relations to compliment existing expertise of accounting, medical and other health professionals. We are delighted that Susan Grigson, a public relations practitioner was nominated and elected.

Retiring from the Board were Andrew Chamberlain, Dr Ian White and in September, Sue King. I would like to express my appreciation to those people for their dedicated work and the amount of voluntary time given to Diabetes ACT. In particular, Dr Ian White has given many years service and is the immediate past president.

I wish to take this opportunity to wish all members a safe and enjoyable festive season.

Warm Regards

**Roslyn Jackson**

President, Diabetes ACT



## CEO Report GORDON MELSON

### Grants for medical expenses available for 16 to 25-year-olds with diabetes.

The Doug Rawle Education Memorial Trust was established in memory of Doug Rawle, a former President of the then Diabetes Australia-ACT. He was also very active in the Lions movement. Diabetes ACT (DACT) is an indirect beneficiary of the Trust and works with the Trustees to direct funds to assist young people with diabetes.

Accompanied by a matching grant from DACT, the Trust is providing funding to help young people with diabetes between the ages of 16 and 25 with their necessary medical costs.

DACT has found that often younger people, who are no longer receiving government or

family financial support, tend to minimise or neglect their medical treatment altogether. This is usually to their detriment later in life.

Whilst funds are limited, applications are invited from young people with diabetes between the ages of 16 and 25 who are in need of support for their medical expenses. Eligible expenses include medical and allied health services provided by your doctor, podiatrist, optometrist or other allied health professional. Only one application per person will be accepted. Receipts will be required.

Applications, outlining the costs to be reimbursed, should be addressed to:

**Ms Laurel Davies**

NDSS Manager

Diabetes ACT

PO Box 3727, Weston Creek, ACT 2611.

Inquiries can be made by ringing 6288 9830 or email [laurel@diabetes-act.com.au](mailto:laurel@diabetes-act.com.au).

## Part-time Position available at Diabetes ACT

We require an executive assistant to work directly with our CEO up to 10 hours a week. Duties will include board minutes, notice of meetings, collation of reports, applications for funding and

related business development activities. The successful applicant will have sound computer skills including word, excel, and PowerPoint as well as a sound background in the duties described above. Strong oral and written communication skills are essential for the position.

Hours (and days) are flexible and may suit

someone who has to work around a young family. Salary to be negotiated.

Written applications can be sent to Gordon Melsom by email [gordon@diabetes-act.com.au](mailto:gordon@diabetes-act.com.au) by COB Friday 5 December. Initial inquiries can be made to 6287 8728. Starting date by mutual agreement in January 2009.

# Health Services Information, Activities & Events

TERRI BERENGUER

## Members Needed!

### Southside Healthy Support Group

The Southside Healthy Support Group has been running now for over ten years and is inviting interested individuals to come along and join its interesting and entertaining gatherings.

This year varied speakers spoke at group meetings on issues ranging from kidney and renal health, arthritis, depression and medications. There was a Christmas in July celebration, a virtual supermarket tour and information sessions with a diabetes educator.

We welcome new member involvement with this group which meets on the last Wednesday of every month.

**VENUE** The Grant Cameron Building,  
27 Mulley St Holder

**TIME** 10.00am–12.00pm

**DATE** Last Wednesday of every month

**CONTACT** Numbers are limited, Please ring  
Diabetes ACT on 6287 8730  
for further information and details

### GROUPS AVAILABLE

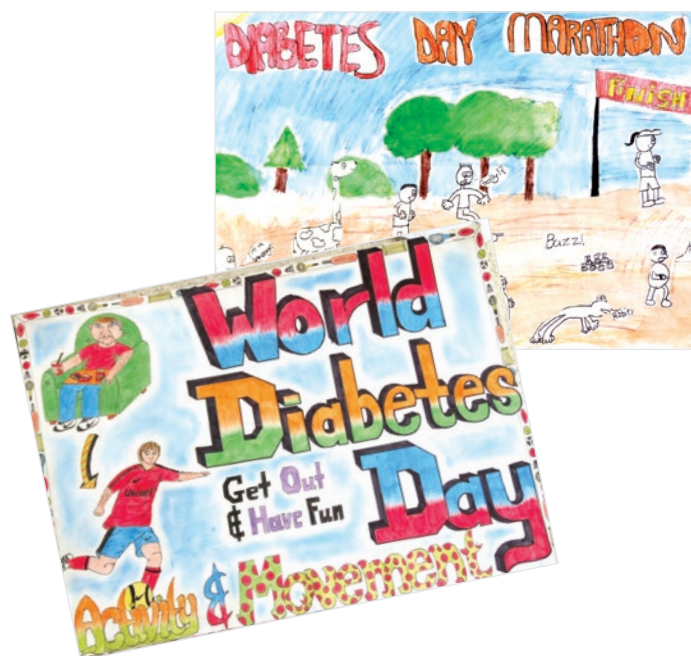
NAME OF GROUP	DAY	TIME
Foot group	Every 2nd Wednesday	9.30–11.00am
Dietitian group	Every 2nd Thursday	10.00–11.30am
<b>Special dietitian groups</b>		
Spot the Carb – for people on insulin	Friday, 28 November 2008	1.00–2.30pm
Festival Eating	Thursday, 4 December 2008	10.00–11.30am
Virtual supermarket tour	Friday, 5 December 2008	1.00–2.30pm

## Consumer seminar

Diabetes ACT completes a successful year of consumer seminars for people with Diabetes. The final in the 2008 series was on Saturday 18th October and included two renowned speakers Allan Bolton and Linda Beeney. Allan is an Exercise Physiologist and Motivational Expert and lead the session with practical and useful techniques to incorporate exercise into the daily life of people with type 1 diabetes. Allan is a compelling and well-sought after speaker who has had type 1 diabetes himself for 30 years. To read more about his approach look up [www.ext1d.com.au](http://www.ext1d.com.au)

Dr Linda Beeney is a Diabetes Psychologist who has worked extensively with people with diabetes, their families and health professionals in clinical, research and teaching roles. She was able to focus on discussing strategies for living with type 1 diabetes and handling diabetes in life. Morning tea enabled further discussing with those who attended and the speakers. A Medtronic representative was also available to provide information on insulin pumps throughout the morning.

We would like to thank everyone who attended and we plan to have more successful consumer seminars in 2009.



## Poster Competition

Diabetes ACT and the John James Memorial Foundation were pleased to undertake the World Diabetes Day Poster Competition for primary aged school students in the ACT and region.

Great prizes were won including a PC notebook for the first prize in the senior primary aged category (9–12 years of age) awarded to Khalil Agel of Fraser Primary School, and a digital camera for the first prize in the junior primary aged category (5–8 years of age) awarded to Hannah McGilvray of Weetangera Primary School.

This also included a presentation of \$500 worth of sporting goods vouchers for each of their schools.

**Congratulations to the winners and all those who entered the competition.**

# National Diabetes Services Scheme (NDSS) News

LAUREL DAVIES

## Christmas Supplies and Office Closure

Diabetes ACT will close over the Christmas week from 12noon on Wednesday 24th December 2008 until 9am on Friday 2nd January 2009. All Sub-Agents will be open for most days, but stocks will be limited.

We therefore advise you to check your NDSS supplies to ensure that you have adequate products to see you through to the New Year. However, remember to be careful and not overstock, because when strips are past their use-by-date they cannot be used. If you have an emergency need for products over the Christmas period, I can be contacted on my mobile on 0424 246 366.

### Sub-Agents located throughout Canberra

#### Southside – Woden, Weston and Tuggeranong

Manuka Australian Pharmacy Group, Manuka  
Kingston Capital Chemist, Kingston  
Weston Australian Pharmacy Group, Weston  
Woden Capital Chemist, Woden  
Woden Priceline Pharmacy, Woden  
Curtin Capital Chemist, Curtin  
Mawson Capital Chemist, Mawson

Tuggeranong Soul Pattinson, Tuggeranong  
Erindale Australian Pharmacy Group, Erindale  
Isabella Plains Capital Chemist, Isabella Plains  
Lanyon Australian Pharmacy Group, Lanyon  
Gowrie Discount Pharmacy, Gowrie

#### City, Inner North and Airport

Canberra Centre City Market Chemist  
Ainslie Blue Bell Pharmacy, Ainslie  
Dickson Capital Chemist, Dickson

Chemist Outlet Canberra, Airport Super Centre

#### Northside – Belconnen, Gungahlin

Belconnen Terry White Pharmacy, Belconnen  
Gungahlin Chemworld Chemist, Gungahlin  
Hawker Pharmacy, Hawker  
Kippax Soul Pattinson Pharmacy, Kippax  
Kaleen Pharmacy Alliance, Kaleen  
Jamison Pharmacy, Jamison  
Macquarie Discount Pharmacy, Macquarie

## Price Increase

Each year, on 1st January, in accordance with the NDSS Head Agreement 2006–2011, the registrant contribution for supplies under the NDSS increases.

This increase is in line with the Government's policy on medicines subsidised under the Pharmaceutical Benefits Scheme, which are indexed annually to account for changes in the costs of goods.

Details of price increases will be posted on the Diabetes ACT website in December each year.



## Storing Test Strips

Most manufacturers recommend that test strips be kept at temperatures between 4°C to 30°C, so be sure they are stored in a cool place during summer. When transporting test strips in the car, place them in a cooler.

## Sharps Disposal in Canberra



### Many registrants ask where they can dispose of their used syringes, pen needles, insulin pump cannulas and lancets?

These are all examples of medical waste sharps that need to be disposed of properly in approved sharps containers which have rigid walls, are resistant to puncture, are shatter proof and can be securely closed. Purpose designed medical sharps waste containers are usually yellow.

### Sharps drop-off points

#### AIDS Action Council

16 Gordon St, Acton

#### Alcohol & Drug Program

Alinga and Moore Sts, City

**Belconnen Health Centre** Swanson Street and Benjamin Way, Belconnen

**Canberra Alliance for Harm Minimisation Association - CAHMA** Griffin Centre, City

**Diabetes ACT** 27 Mulley Street, Holder

**Mitchell Regional Recycling Centre** Baillieu Court, Mitchell

#### Narrabundah Health Centre

Boolomba Cres, Narrabundah

#### Phillip Health Centre

Corrina and Keltie Sts, Woden

#### Tuggeranong Health Centre

Anketell and Pitman Sts, Greenway

#### Tuggeranong Recycling Centre

Scollay Street, Greenway

#### Queanbeyan–Community Health Centre

Antill Street Queanbeyan

# Happy Holidays

More than  
240 million people  
worldwide are living  
with diabetes



Christmas Puddings, Logs and Fruit Fusions have arrived in the DACT shop

### The Newcastle Pudding Lady

The Newcastle Pudding Lady produces products that contain little or no added sugar and are specifically suited to those with diabetes or those wishing to reduce the level of sugar in their diet. Please note that controlled portions may be necessary for those suffering from diabetes so please check the label for full ingredient and nutritional analysis. Some of these products are also gluten free and are suitable for coeliacs. The products which fall into this group are as follows.

#### Perfect Plus Christmas Puddings

- FruitFusions Mango Madness Pudding (gluten free)
- FruitFusions Apple Frenzy Pudding (gluten free)
- FruitFusions Apricot Mayhem Pudding (gluten free)
- FruitFusions Nut Crazy Pudding (gluten free)
- FruitFusions Nut Crazy Pudding (gluten free)



## DUO-CARE™

Combined Blood Glucose and Blood Pressure Monitor

*DUO-CARE measures both blood glucose levels and blood pressure – all in one, easy-to-use unit!*

Available from Diabetes ACT, pick up a leaflet today.  
[www.duo-care.com.au](http://www.duo-care.com.au)

**An Australian first**



BLOOD PRESSURE



BLOOD GLUCOSE

Provided by 

DIABETES ACT  
27 Mulley Street, Holder ACT 2611  
PO Box 3727 Weston Creek ACT 2611  
Phone: (02) 6288 9830  
Fax: (02) 6288 9874  
Email: [diab@diabetes-act.com.au](mailto:diab@diabetes-act.com.au)  
[www.diabetes-act.com.au](http://www.diabetes-act.com.au)

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